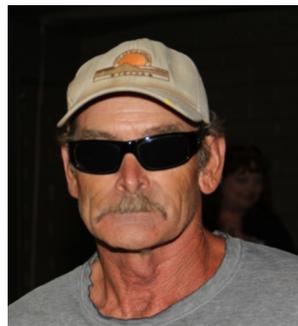




**INSIDE THIS ISSUE**

- Retirement News
- September 11th Memorial Ceremony
- Flu Season Ahead
- Community Christmas Parade
- Sleep and Good Health
- Spooktacular Extravaganza Fall Festival
- Vacation Buy Back

**CONGRATULATIONS**



The awards for the 2011 Employees of the Year were presented at the City Employee Appreciation Picnic held on September 2, 2011. The theme for this year's picnic was "Wild About City Employees."

Bill Bullard (top), Cemetery Maintenance Worker was named the Male Employee of the Year. Leslie Whitten (middle), Code Enforcement Secretary was named the Female Employee of the Year. Sergeant Phil Whitten (bottom), of the Big Spring Police Department was named the Supervisor of the Year.

On behalf of the City of Big Spring Administration and staff, we would like to thank these employees for their dedication and exemplary work performance year round. Each one of them has proven to be a valuable asset to the City of Big Spring and we congratulate them on a job well done. These employees were nominated by their peers and recognized at the picnic.

Special recognition was also given to Big Spring Fire Department Chief Brian Jensen. Chief Jensen will be retiring from the department next year after twenty-three years of service. Thank you to the Picnic Committee and the City Council for making the annual picnic possible.



**October 13, 2011 from 9 a.m. to 4 p.m.**  
**City Council Chambers**  
 Please call Human Resources at 264-2346 to schedule an appointment. All City employees who donate blood will be entered into the drawing for a **FREE DAY OFF!!!**



On Sunday, September 11, 2011, the Big Spring Fire Department hosted a remembrance ceremony at Big Spring Fire Station #1 to commemorate the ten year anniversary of the 9/11 attacks on the World Trade Center and the Pentagon and to honor the police and firefighters who lost their lives in the line of duty on that fateful day.

There were several speakers at the ceremony including Lt. Craig Ferguson, Deputy Chief Rich Grove and Volunteer Fire Chief Tommy Sullivan. Lisa Brooks, speaking on behalf of Congressman Randy Neugbauer, told the men and women of the fire department

how much the everyday work done by them is noticed and appreciated by the people of Howard County and the surrounding areas.

As Americans, we owe our men and women in uniform—those fighting overseas and those protecting us here at home—our respect and gratitude. Make it a point to thank a police officer or firefighter, not only on September 11th but every chance you get, and tell them to keep up the good work.



The flu is a viral infection of the nose, throat and lungs. It can be very serious for young children, pregnant women and people with special health conditions. There are many different flu viruses.

Seasonal flu most often spreads from person to person through the coughs and sneezes of people who have the flu virus. You can even become infected by touching something the flu virus is on and then touching your mouth, nose or eyes.

A person can pass the virus to others beginning one day before getting sick with symptoms and up to five to seven days after getting sick. To avoid infecting others, sick employees should stay home for at least 24 hours after any fever is gone. The fever should leave without having to take a fever-reducing medicine.

A flu vaccine is an important step to helping employee's protect themselves and others against the flu virus. There are two ways to get the flu vaccine: in a shot or through a nasal spray. Flu shots are for people six months and older who are healthy or who have a medical condition. The nasal spray is for healthy people 2 to 49 years old. It is not for pregnant women.

Everyone six months of age and older should get the vaccine, especially young children and pregnant women. People with chronic health problems like asthma, diabetes, heart and lung disease, or who are 65 years and older, should be vaccinated. Children younger than 9 may need two doses of the vaccine.

In addition to flu shots, simple actions help stop the spread of germs:

- Cover your nose and mouth with a tissue when you cough or sneeze and then throw the tissue in the trash. If you don't have a tissue, sneeze or cough into your elbow.
- Wash your hands often with soap and water, especially after coughing or sneezing; you can also use alcohol based hand sanitizers.
- Avoid touching your eyes, nose and mouth.
- Try to stay about six feet away from sick people, including those at home.

**The City will be having a flu shot clinic on Tuesday, October 18th and Wednesday, October 19th from 1 p.m. to 5 p.m. in City Council Chambers for those employees who want to get a flu shot. The flu shot is free to employees and any dependents that are covered on the city's health insurance. Please call Human Resources at 264-2347 to schedule an appointment for your flu shot. The cost for dependents who are not eligible for a free flu shot is \$15.**

# Happy Birthday

OCTOBER

Richard Hilario 10/2  
 Lynn Creswell 10/3  
 Steve Salinas 10/4  
 Lara Turman 10/4  
 Simon Elizondo 10/7  
 Lt. Ron Phillips 10/8  
 Greg McAlister 10/8  
 Richard Hall 10/9  
 Michael Adams 10/12  
 Neil Anderson 10/13  
 Travis Williams 10/16  
 Joel Rojo 10/17  
 Royal Brawley 10/20  
 James Phelps 10/20  
 Austin Hopping 10/20  
 Tamara Rodriguez 10/20  
 Robert Diaz 10/21  
 Angela Brown 10/22  
 Darrick Mosley 10/25  
 Frank Rodriguez 10/27  
 Terrence Tidwell 10/27  
 Gussie Brown 10/28  
 Sgt. Brian Gordon 10/28  
 Andrew Garcia 10/29  
 Jorge Parra 10/30  
 Cody Hare 10/30  
 Jacob Garza 10/30

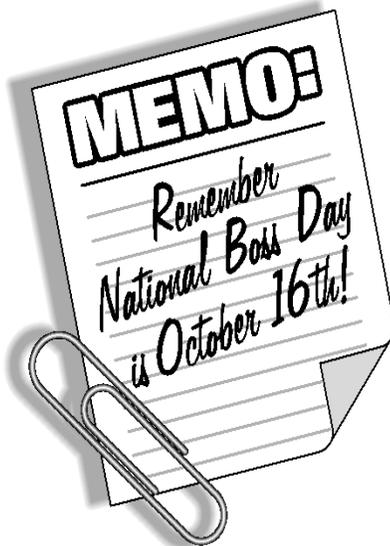
NOVEMBER

David Alaman 11/2  
 Stephen Oliver 11/3  
 Brandon Good 11/3  
 Brandon Smith 11/4  
 Julie Van Dyken 11/5  
 James Smith 11/6  
 Gary Gray 11/9  
 Stacy Austin 11/11  
 Tony Modisette 11/11  
 Eli Peters 11/13  
 Steve Barker 11/14  
 Fabian Butler 11/18  
 Nick Reyna 11/22  
 Lt. Lance Telchik 11/22  
 Bill Bullard 11/26  
 Bryan Letz 11/26  
 Lanny Swanson 11/26

Thomas Hodges III 11/27  
 Frank Chapman 11/28  
 David Schmidt 11/28  
 Ryan Kennedy 11/29  
 Pete Yanez 11/30

DECEMBER

Narciso Cevallos 12/2  
 Joe Montez Jr. 12/3  
 Matthew Van Pelt 12/5  
 Daniel Reynoso 12/5  
 Lonnie Smith 12/6  
 Daniel Valle 12/7  
 Kayla Johnson 12/8  
 Sgt. Phil Whitten 12/10  
 Robert Hicks 12/11  
 Clint Walker 12/13  
 Keith Jones 12/18  
 Kevin Matthews 12/19  
 Todd Darden 12/20  
 Lt. John Leubner 12/21  
 Chad Pederson 12/21  
 Jay Holt 12/22  
 Rocky Hilario 12/24  
 Lt. Drew Bavin 12/25  
 Sgt. Robert Williams 12/25  
 Mandy Haynes 12/27  
 Graci Duarte 12/28  
 James Wilkerson 12/31



## RETIREMENT News

CONGRATULATIONS TO:

*Roy Mansfield -  
 Water Treatment Plant*

*12 years of service*

*Samuel Rodriguez - BSFD*

*31 years of service*

*Steve Gray - Service Center*

*22 years of service*

On behalf of the city administration and staff, we offer each one of you our congratulations and best wishes on your retirement!



At the community Christmas Parade last year, the city's entry received awards for both Best in Show and the Publisher's Award categories. Our entry made a clean sweep of the major award categories by winning the big prize, the Grand Marshal's Award. This year, the theme for the Christmas parade is "A Wild West Christmas" and we are going to defend our title. If you would like to join the float committee and help with the float for the Christmas Parade, please contact Chad Averette at 264-2505 or Stacie King at 264-2347.





310 Nolan  
 Big Spring, Texas 79720  
 Phone: 432-264-2346  
 Fax: 432-264-2387

SAY HELLO  
 TO OUR



Pete Yanez	Utilities
Leo Granillo	Animal Control
Anthony Acosta	Police Dept.
Rocky Hilario	Parks
Jonathan Ray	Utilities
Tammy Adams	Compost
Matthew Rodriguez	Utilities
Jeff Floyd	Parks
Christie Welch	Service Center
Hunter Neel	Fire Dept.
Arthur Olague	Landfill
Juan Rodriguez	Sanitation

The Big Spring Police Association is conducting a  
**CANDY DRIVE** for our  
**SPOOKTACULAR EXTRAVAGANZA  
 FALL FESTIVAL**  
 that will take place on October 29, 2011. Candy  
 donations can be dropped off at the Big Spring  
 Police Department located at 400 East 4th Street,  
 Big Spring, Texas. The Big Spring Police  
 Association is thankful for any and all support  
 that will help make this event a success for the  
 children in our community.

## VACATION BUY BACK

It's that time of the year again...time for  
**Vacation Buy Back!** Employees may elect  
 to sell back a portion of their accumulated  
 vacation leave according to the following  
 rules:

- If you used sick leave (other than funeral leave), you may transfer vacation or comp time for the sick leave used up to 32 hours (if an 8 hour employee) or up to 48 hours (if a 12 hour shift employee) and still qualify to sell back your vacation time.
- Sell back increments must be either 8 hours or 12 hours up to a maximum of 60 hours.

Be on the lookout for more information  
 coming soon!

Sleep is as important to your health as water and food. Most adults need seven to eight hours of quality sleep a night. When you can't get a decent night's rest, the problem may be bad sleep habits. Here's how to set up your "sleep tight" routine:

- Hit the sack and get up around the same time every day.
- Exercise for at least 30 minutes each day, but schedule workouts, especially vigorous ones, at least two hours before bedtime. Exercise can temporarily boost alertness.
- Avoid caffeine after lunch. Caffeine can keep some people awake for up to 12 hours.
- Build a before-bedtime ritual. Take a warm bath, read or put on your PJs. Nightcap? No thanks. Alcohol may help you slip into a light sleep, but it won't let you get the deep sleep you need to feel refreshed.
- Tune out the distractions. If noises bug you, earplugs or the whir of a fan may help.
- Jot down some quick notes about your worries before bedtime. Promise yourself to focus on the problems tomorrow when you have time.



*sleep tight*